



Healthy Lifestyles Program

The YMCA Healthy Lifestyles program is designed by Stanford University Prevention Research Center and based on behavioral science to help you make a positive lifestyle change in your life.

This 10 month program meets twice a month for 75 minutes in a group setting with other members who are also trying to achieve a lifestyle change goal. The meetings are facilitated by a certified YMCA Healthy Lifestyles Instructor trained by Stanford University.

Through monthly short term goals set by you and the support of the group we will help you achieve your long term goal.

Long term goal examples: Losing weight, reducing stress, exercising more, achieving better nutrition habits, quit smoking...

The group is confidential and is designed to provide positive reinforcement and inspiration as members draw strength from each other.

**Meetings will begin on an ongoing basis at YMCA Facilities;
worksites or a convenient place for your group
(need minimum of 8 people to run a group)**

Cost: YMCA Members \$90
(Or 6 monthly payments of \$15)

Program Members: \$150
(Or 6 monthly payments of \$25)

Note: There is a screening process for this program. All meetings must be attended in order to ensure success. Based on one's time and commitment levels, some applicants may or may not be ready for this program.

**Contact: Cindy McDermott at 401-521-9622 x145 or
cmcdermott@gpymca.org for more information**

YHEALTH & FITNESS™
We build strong kids, strong families, strong communities.